

WORKOUT AT HOME

BALANCE, CORE, & STRENGTH WORKOUT



This week's goal: Do each exercise in sequence in this Balance, Core, & Strength home workout on any 3 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day.

Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up: Do Each Exercise for 30 seconds

1. Marching in Place



March in place keeping chest high and core engaged. Gently swing arms using opposite arm/leg combination.

Easy: Keep knees low at a slow pace

Moderate: Lift knees high

Advanced: Jog in place with high knees

2. Arm Circles



Stand with your feet shoulder-width apart. Raise and extend your arms to the sides without bending the elbows. Slowly rotate your arms forward, making small circles of about 1 foot in diameter. Do this for 30 seconds. Complete a set in one direction and then switch, rotating backward.

Easy: Keep the pace slow

Moderate: Increase the pace of the rotations

3. Quick Mini Squats



Stand with feet hip-width apart. Bend the knees, push the hips backward and down until the knees are at about a 45° angle. Straighten legs to come back up to standing and repeat rapidly.

Not feeling warmed up? Repeat the warm up exercises one more time. Move on to the Main Workout.

Keeping the Core Engaged

To engage your core, imagine that you are bracing yourself for a sucker-punch right to the stomach. You are not going to suck in your stomach, instead take a deep breath and tighten all of your abdominal muscles. It may be helpful to picture “zipping up” your abdominals, bringing your navel up and toward your spine. You should be able to continue to breathe when you engage your core: Fill your belly, and then inhale and exhale, only allowing your rib cage to move.

Main Workout: Do each exercise for the number of repetitions indicated in each description.

1. Tiptoe Sumo Squat



Stand straight up. Move your feet to a slightly wider than shoulder width stance. Turn your toes so that they are facing out and put your hands on your hips and look forward. Keep your chest up and shoulders back. Perform a squat by pushing your hips back and bending at your knee. Lower your body until the thighs are parallel with the floor. Now lift your heels and raise up onto the balls of your feet. Staying on the toes, perform 30 squats.

2. Tree Pose-Kickback-Front Kick Combo



From standing, transfer your weight to your right foot and bend your left knee. Keeping your hip open, place the bottom of your left foot on the inside of your right thigh or shin (not the knee). Take your hands together at the center of your chest in a prayer position or arms out to your side with palms facing away from you. Lengthen down through your tailbone and draw your shoulders down and together on your back. Slowly lower the left leg, move the hands to the hips. Straighten the left leg completely with the foot flexed, and raise that leg up behind you as in figure 2. Return to tree pose (figure 3). Lower the left leg, straighten it, and then kick it up in front of you to about hip level as in figure 4. That is one repetition. Perform 10 repetitions in total for both legs.

3. Criss-Cross to Straddle



Lying on your back, bring your legs into the air at a 90° angle and your arms along the floor on either side of you. Slowly and with control lower your legs open to either side while keeping the low back into the floor. With control slowly bring the legs back together and repeat step 1. Perform 15 repetitions.

4. Dead Bug Crunch



Lying on your back, bring your legs into the air at a 90° angle with your arms straight into the air and your wrist above your shoulders. Draw your shoulders to your hips to create internal trunk tension. Keeping your arms and legs engaged, inhale as you lower opposite arm and leg toward the floor for a count of four. If your lower back arches you have gone too far. As you exhale, press your low rib cage against the floor, and take four slow counts to return to your starting position. Perform 10 repetitions on one side before switching to the next side.

5. Wall sit + Leg Lift



Place back against the wall and sit down as close to a 90-degree angle as possible. Keep hands at the chest or lightly against the wall. Extend right leg out in front of you, point your toe and slowly raise the leg and lower back down to the floor. Extend left leg out in front of you, point your toe, and slowly raise and lower the leg back down to the floor. Perform 10 repetitions per leg.

6. Seated Pike Leg Lifts



Sit on the floor with legs extended out in front of you. Sitting tall, draw the navel in and place fingertips on the floor. The farther forward you place your hands, the harder the exercise. Engage the core and, with legs as straight as possible, lift both legs at the same time as high as you can. Perform 10 repetitions.

7. Pistol Squats



Stand firmly with both feet together. Put weight onto your left leg and lift your right leg into the air. Keeping the leg lifted, bend the left knee into a squat coming $\frac{1}{2}$ or $\frac{3}{4}$ of the way down. Then straighten the left leg to complete one rep. Perform 10 repetitions per leg.

8. Single Leg Calf Raises



Begin by standing with your feet directly under the hips. Tuck your right foot behind your left foot (at the ankle). Use a light touch on a wall or chair to balance. Lift your left heel up in a controlled motion, taking 3 counts to get to the top of the motion. No popping up. Hold for 3 seconds and slowly lower down in 3 counts. Perform 10 repetitions on each leg.

9. Single Leg Static Balance



Stand with your feet hip-width apart and your weight equally distributed on both legs. Place your hands on your hips. With your right foot planted, lift your left leg off the floor and bend it at the knee to a 90° angle. Perform 60 second holds on each leg.

Not feeling worked out? Repeat these exercises as a circuit 2-3 more times. Move on to the Cool Down & Stretch.

Cool Down & Stretch: Do Each Stretch for 30 seconds

1. Quadriceps Stretch



Stand on one leg. Bend your other knee and bring your heel toward your butt. Reach for your ankle with your hand. Stand up straight and pull in your abdominal muscles. Try to keep your knees next to each other. Repeat on the other leg.

2. Shoulder Stretch



Stand tall and bring one arm across your chest. Bring your other arm up to meet it below the elbow, hugging the straight arm close to the chest. Hold this position for 30 seconds, and then switch arms.

3. Seated Spinal Twist



Seated on the floor with your legs extended in front of you, bend your left knee and cross it over your right leg. Hook your right elbow around your left knee and twist looking behind you. Hold for 30 seconds, then repeat on the other side.

Go to this link to follow along with the workout video: [BALANCE, CORE, & STRENGTH WORKOUT](#)

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